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RETHINK MEXICAN FOOD. PAGES 21-23

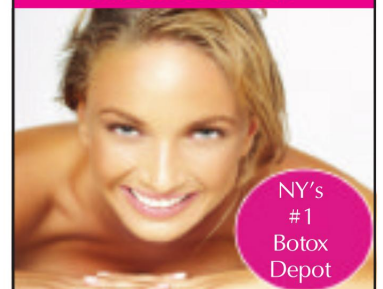


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ANOTHER DUDE

PAGE 16

IN LATE NIGHT?

We quizzed some top female comedy talent about breaking up the boys' club. / GETTY IMAGES

Victims of East Village fire regroup

Next steps. As residents of the three buildings destroyed in last week's fire look for friends, family and strangers for help, the cause of the blast remains undetermined. PAGE 02

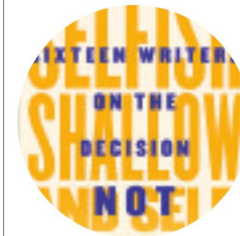
One dead after crash at NSA gate

PAGE 07



The stigma of being child-free

PAGE 20

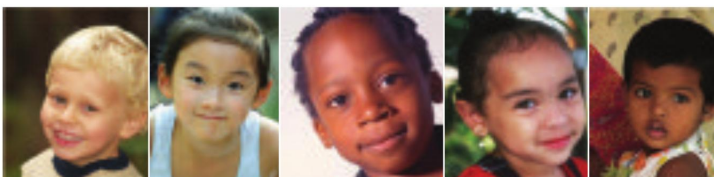


Yanks have the arms to succeed

PAGE 25



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1 NEWS

Top 3

The best of Metro.us

1 'Looking for a lawyer? Here's what to ask'

2 'One Direction moving on from Zayn Malik rather quickly'

3 'Police reportedly get whole town high on accident'



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Victims of East Village blast work to move on

Recovery. As investigators seek the cause of the explosion and fire, residents who lost their homes regroup.

East Village residents who lost everything in Thursday's explosion are working toward a normalcy that may not come for a while.

Five days after the explosion at 121 Second Avenue, believed to be caused by an improper gas line, New Yorkers who used to call the row of apartments between East Seventh Street and St. Marks Place home are

staying with family and friends, setting up post office boxes and canceling cable subscriptions.

Matthew and Nora Brooks, who lost their home at 45 East Seventh Street, were hoping to get close enough to the site Monday to retrieve one particular item of great value: Nora's cat of 16 years died in the fire.

"I need to bury something, I need to have a funeral," Nora Brooks said.

"Life is going on and New York City is still New York City," Matthew Brooks said. "But everybody has a different reason for hanging around, trying to run errands, tying up loose ends. All those things you don't even really think about you have to deal with now."

Fatalities

Two bodies were pulled from the collapsed buildings on Sunday. One has been identified as Nicholas Figueroa, the other has not been publicly identified yet pending DNA results and family notification.

Many of the blast victims, including the Brooks, have either started or become the benefactors of online fundraisers to help them rebuild their lives.

Branden Guy helped start a fundraiser for his mother, Mildred Guy, who lost her home of 46 years, where he grew up and first brought home his now-1-year-old son.

"We lost a lot of stuff, it hasn't all sunk in yet,

Branden Guy said. "But the most painful thing was all of the pictures, generations of the family, weddings, photos of all the grandchildren. Everything was on those walls."

Guy said he wasn't sure how much money to list on the Go Fund Me page, so the family decided on \$46,000 at the suggestion of his wife — \$1,000 for each year Mildred Guy lived at 45 East Seventh Street. On Monday night, the campaign had surpassed \$20,000.

"I'm overwhelmed by the generosity of strangers," said Mildred Guy, who has worked as a paraprofessional at The Neighborhood School on East Third Street for the last 20 years.

She returned to the neighborhood for the first time since the blast on

Update

Three of the four taken to Bellevue in critical condition after the explosion have been released, Mayor Bill de Blasio said Monday. The fourth is in good condition.

- 60 residential units are still under a vacate order.

Monday. A small rolling suitcase, duffel bag and purse contains everything she now owns.

"I tend not to move, I stay put where I am," Mildred said, laughing. "I'm not very adventurous, but I have to be now."



WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us



To the left, disaster relief coordinator Lilah Mejia stands in the GOLES offices at 169 Avenue B where donated goods are being stored for the people displaced by the Second Avenue apartment building explosion. To the right, Mildred Guy, 62, was displaced from her home of 45 years in the explosion. / MILES DIXON, METRO



East Village. In wake of blast, gas safety process unclear



Firefighters work to clear the rubble after the explosion.
MILES DIXON

Five days after a suspected gas leak caused a fiery explosion which leveled three buildings, killed two and left dozens wounded and homeless, exactly what led up to the accident remains unclear.

Equally unclear is the process by which the city and utility companies handle incidents where

building owners or businesses may have tampered with gas lines.

Con Edison confirmed a worker visited 121 Second Avenue in August 2014 and smelled gas as he checked the building's gas meters. The company shut down the gas to the building for 10 days when the inspector found hoses

connected to the gas line going into the building.

"Even one instance of work that does not meet code and places safety at risk is too many," said Con Edison spokesman Allan Drury.

If the building inspector does witness a dangerous setup, a DOB spokesman told Metro it

has a strict departmental procedure to notify Con Edison, which sends its own inspector to the scene. Drury explained any building that has its service shut off must hire a plumber to make repairs and only has gas service restored if an inspector finds no leaks.

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Supplements. Back on shelves after GNC agrees to DNA testing

Two months after the attorney general's office found foreign plant ingredients in a line of herbal supplements, Attorney General Eric Schneiderman announced a deal on Monday to put GNC's herbal supplements back on shelves statewide.

Schneiderman's office sent cease-and-desist letters to GNC, Target, Walmart and Walgreens in early February after an investigation by his office couldn't find identifiable genetic mate-

rial in the plants advertised on the labels of GNC's Herbal Plus products.

The agreement requires GNC to perform DNA barcoding on the active plant ingredients used in the supplements, as well as allergen testing and alerting consumers that the extracts are chemically processed.

GNC said in a statement the lawsuits are "completely without merit," the AP reported. **WENDY JOAN BIDDLECOMBE**

Queens

Body found in duffel bag

A duffel bag containing human remains were found on the Far Rockaway shoreline on Monday morning, police said. Officers made the

discovery on Gipsen Street around 10:45 a.m. on Monday.

The deceased has not been identified as a man or a woman, and the medical examiner is investigating the cause of death.

METRO

Cuomo's budget in on time, but limited

\$142 billion. State budget falls short of his priorities.

It looks like Gov. Andrew Cuomo will get a state budget of \$142 billion in on time (for the fifth year in a row) with his announcement that he and legislative leaders have reached a tentative deal. The agreement, which still needs to be approved by the Democrat-controlled Assembly and the Republican-controlled Senate, will need to be finalized by April 1 but is already sure to fall just short of the vision Cuomo laid out in January.

Capitol cleaning

After a long slew of corruption investigations into



Cuomo / GETTY IMAGES

state lawmakers and years of contention within the ranks in Albany — most recently former Manhattan Assemblyman Sheldon Silver — the latest budget calls for what Cuomo described as nation's strongest and most comprehensive rules for public officials.

The changes include expanded disclosure of

outside income earned by officials, and cements the revoking of public pensions belonging to any leader convicted of corruption. It also calls for making independent expenditures by third parties in elections more transparent, as well as ends the use of campaign money for personal use.

School's in

Some \$23.5 billion will be directed toward education statewide, \$1.4 billion more than originally expected and without many of Cuomo's more controversial reforms that had critics up in arms. The limit on charter schools remains the same, and Mayor Bill de Blasio will have to continue his fight to extend mayoral control of local schools.

Supporting survivors

About \$6.48 million will go to boost counseling and advocacy services by rape crisis centers for sexual assault survivors, as well for education and prevention efforts available to middle and high school students.

Leftovers

Early details budget don't address a series of issues that Cuomo outlined as priorities for his second term, namely: the DREAM Act to allow young non-citizen New Yorkers access to higher education aid; a statewide minimum wage increase that would have lifted New York City residents to \$11.50 an hour.



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Time: 6:30 pm

Register: sps.cuny.edu/metroinfo1

Date: Tuesday, May 12

Time: 6:30 pm

Register: sps.cuny.edu/metroinfo2

Location: 119 W. 31st Street; New York, NY 10001

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Pentagon chief sends the military annual wish lists to Congress

Defense.

Lawmakers use the lists to insert their priorities and shape the Pentagon's budget request.



F/A-18 fighter jet / GETTY IMAGES

Over budget

\$34B

The fate of the fiscal 2016 defense budget remains uncertain given that the request already exceeds congressional budget caps by \$34 billion.

U.S. Defense Secretary Ash Carter on Monday sent Congress the military's annual "wish lists," including 12 Boeing Co. F/A-18 fighter jets and 14 Lockheed Martin Corp. F-35 fighter jets, but said he would not back any of the requests unless lawmakers passed a larger overall defense budget.

"Any extra program inserted into our budget submission will come at the expense of other programs we deemed more important, with ripple effects across the rest of the

budget," Carter said in a letter, a copy of which was seen by Reuters.

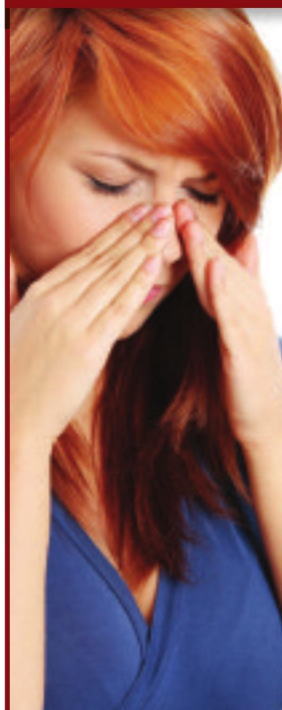
Carter told lawmakers he was sending the lists of "unfunded priorities" to Congress as required under the fiscal 2013 defense policy law, but reg-

istered his concerns about any moves by Congress to restructure the Pentagon's budget request.

Military leaders have warned Congress that failure to enact the higher budget level would undermine their ability to respond to a sudden conflict, train troops and maintain equipment, which could ultimately endanger the lives of Americans.

The biggest items on the annual lists this year included the Navy's request for \$1.15 billion to buy a dozen Boeing fighter jets to cover projected shortfall in strike fighters in coming years. If approved by Congress, the orders could help Boeing extend production at its St. Louis manufacturing plant, which is currently slated to halt at the end of 2017. **REUTERS**

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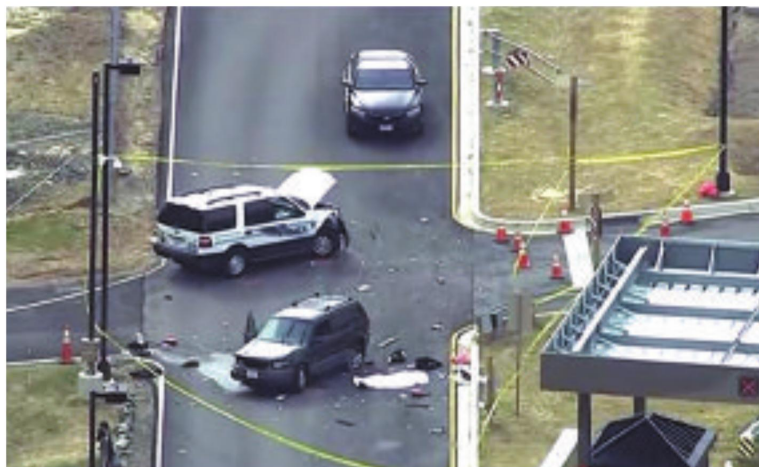
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An aerial view of a shooting scene at the National Security Agency at Fort Meade in Maryland is pictured in this still image taken from video. / COURTESY OF NBC4WASHINGTON, HANDOUT

One dead after vehicle tries to ram NSA gates

Injury. An NSA police officer injured in gate-crashing attempt.

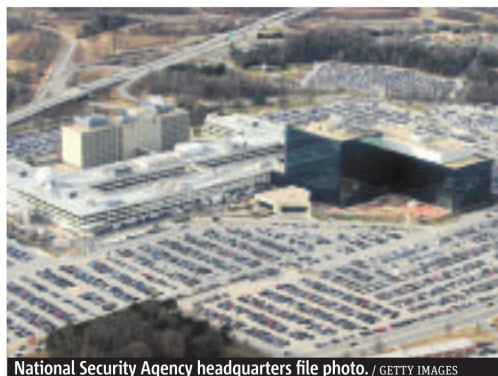
Two people tried to run their vehicle through National Security Agency's (NSA) entrance gates near Washington on Monday before guards shot one of them dead. The vehicle's second occupant and a police officer were also injured, officials said.

The two, who were dressed in women's clothes and may be transgender, tried to drive their sport utility vehicle through an entrance gate at the spy agency's Fort Meade, Maryland, headquarters, a senior U.S. official said.

Their motive was not immediately known, but officials said there was no evidence the incident was linked to terrorism. One official said investigators were looking into whether drugs were involved.

The two people in a vehicle "attempted an unauthorized entry at a National Security Agency gate," the NSA said in a statement. The pair failed to follow a police officer's directions to leave the gate area and barriers were put up.

The vehicle accelerated



National Security Agency headquarters file photo. / GETTY IMAGES

Quoted

"The shooting scene is contained and we do not believe it is related to terrorism."

FBI said in a statement

toward an NSA police car blocking the road at the base gate about 20 miles northeast of Washington. Officers fired at it when the driver refused to stop.

The vehicle crashed into the police car. One of the vehicle's occupants died at the scene, and the cause is undetermined, the statement said.

An NSA police officer and the vehicle's second occupant were hurt and taken to a hospital. The Federal Bureau of Investigation is leading the probe into the incident,

it said.

NBC News, quoting unnamed sources, said the two were driving in a stolen car. A gun and drugs were found in the vehicle, a Ford Escape, the network said.

Television helicopter footage showed two damaged vehicles outside the gates to NSA headquarters, located just off a major highway linking Baltimore and Washington. Video showed at least one person in uniform being wheeled to an ambulance.

One of the vehicles shown was marked "Police" and had its hood up. The other, a dark vehicle, had front-end damage.

The FBI added it was working with the U.S. Attorney's Office in Maryland to determine whether federal charges were warranted. **REUTERS**

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Five things you need to know

Crash pilot had been treated for suicidal tendencies

The German pilot suspected of deliberately crashing a plane in the French Alps last week was treated for suicidal tendencies years ago before he received his pilot's license, German prosecutors said on Monday.

This was the first acknowledgement from German officials that the pilot, Andreas Lubitz, had suffered bouts of depression and it is likely to intensify a debate about how airlines screen and monitor their pilots.

Lufthansa, the parent of the

budget airline, has said it was not aware of anything in the 27-year-old's past that suggested he might have posed a risk.

It has confirmed that Lubitz broke off his pilot training in 2009 for nearly a year, around the time he was reportedly suffering from depression and anxiety.

"Several years ago before obtaining his pilot's license the co-pilot was in a long period of psychotherapeutic treatment with noticeable suicidal tendencies," Duesseldorf prosecutors said in a statement on Monday.

They said that in recent years he had not shown signs of suicidal behavior or aggressive tendencies in visits to doctors.

REUTERS

GERMANWINGS CHIEF OPERATING OFFICER

OLIVER WAGNER / GETTY IMAGES

College rugby team suspended over chant

The rugby club at the University of Mary Washington in Fredericksburg, Virginia, has been suspended indefinitely because of what the college president described as a chant by several members with "sexually explicit, derogatory and violent language."

"No student on our campus should feel unsafe, ostracized or threatened," Rick Hurley, president of the university said in a March 19 email to the university community, which was made available on Monday.

Hurley said all members of the rugby club would be required to participate in sensitivity training. REUTERS

AIG chairman to step down in July: WSJ

American International Group Chairman Robert "Steve" Miller intends to step down in July after five years in the role, the Wall Street Journal reported.

Miller, a turnaround specialist, joined AIG board in 2009 and became chairman in July 2010, replacing Harvey Golub who resigned after clashing with former chief executive Robert Benmoshe over the botched sale of the insurer's Asian life unit. Miller joined at a time when the insurer was hit hard by the financial crisis and had to be

bailed out by the government.

REUTERS

MILLER

GETTY IMAGES

Indiana to clarify 'religious freedom' law

Indiana Republicans pledged to clarify a new "religious freedom" law, while similar proposals stalled in Georgia and North Carolina after businesses and activists said such measures could be used to discriminate against gays.

Arkansas lawmakers, however, signaled they would move forward with a similar law, even after Indiana was rebuked by companies and executives including Wal-Mart Stores and Apple CEO Tim Cook.

Indiana's law, signed last week, was perceived as going further than those enacted in 19 other states, giving businesses a right to refuse services on religious grounds.

REUTERS

Stanford U investigating cheating allegations

A Stanford University provost is urging faculty members to talk to students about academic dishonesty after a "troubling number" of cheating allegations surfaced in one class, prompting the school to open an investigation.

"Among a smattering of concerns from a number of winter courses, one faculty member reported allegations that may involve as many as 20 percent of the students in one large introductory course," Stanford Provost John Etchemendy said in a letter sent to faculty members last week.

REUTERS

last week.

REUTERS

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Jury hears of grisly deaths, defense calls first witness

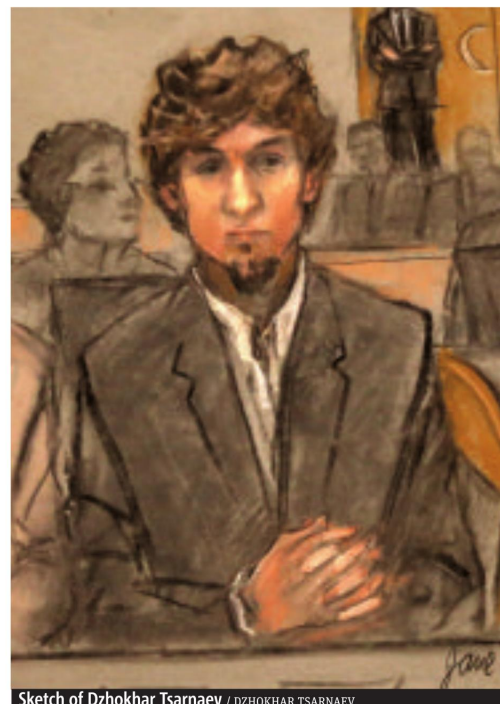
Murder. Tsarnaev faces death or life in prison if convicted.

Two of the people killed in the Boston Marathon bombing were torn apart by one of the blasts that ripped through runners and onlookers at the finish line, medical examiners testified on Monday as prosecutors wound up their case against accused bomber Dzhokhar Tsarnaev and defense attorneys began calling witnesses.

Massachusetts' Chief Medical Examiner Henry Nields showed the jury 8-year-old Martin Richard's bloodstained gray New England Patriots T-shirt with holes that correlated with injuries to the child's torso.

On the 15th day of testimony in Tsarnaev's trial at Boston federal court, Nields said a piece of shrapnel appeared to have gone straight through Richard's body. "It would be difficult to say the precise location due to the size of the openings in the abdomen," he testified. Nields was the 92nd and final witness called by the prosecution.

Shrapnel from the same homemade pressure cooker bomb that killed Richard punched through Chinese exchange student Lingzi Lu's legs,



Sketch of Dzhokhar Tsarnaev / DZHOKHAR TSARNAEV

Quoted

"Her injuries were caused by debris hitting her body and going through her body ... They would have been very painful."

Lindstrom

causing the 23-year old to bleed to death within minutes, Boston medical examiner Katherine Lind-

strom testified.

Tsarnaev, 21, is charged with the April 15, 2013, bombing that killed three and injured 264 people, and the fatal shooting of Massachusetts Institute of Technology police officer Sean Collier three days later as he and his brother prepared to flee the city.

Prosecutors have said Tsarnaev left the bomb that killed Richard and Lu in front of The Forum restaurant.

REUTERS



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Labor changes. Bionic ants could be tomorrow's factory workforce

Robotic ants the size of a human hand that work together could be the future of factory production systems.

The developers, German technology firm Festo, say it's not just the unusual anatomy of real-world ants that inspired the bionic version - the collective intelligence of an ant colony was also something they wanted to replicate.

The bionic ants cooperate and coordinate their actions and movements to achieve a common aim - in the same way individual ants complete tasks for the whole colony. Festo says that in the future production systems will be based on intelligent individual components that adjust themselves to different production demands by communicating with each other.

The ants are able to complete complex tasks, like transporting large,



Bionic ants developed by German technology firm Festo. / FESTO

heavy loads, which they wouldn't be able to achieve individually, by working together.

The robot features a stereo camera and a floor sensor that together allow the ant to work out its location and identify objects to be grabbed by grippers at the front of its "head." The antennae double up as chargers for the lithium batteries that power the ants' movements. A radio module in the abdomen allows the ants to communicate with each other wirelessly. Just like their natural counterparts, the ants have six articulated legs. **REUTERS**

Festo

The bionic ants are part of the developer's Bionic Learning Network.

- Festo works on transferring natural phenomena to engineering techniques and equipment.
- The technology firm says the factories of the future will have to produce customized products, meaning that they will have to adapt to different production requirements.

Fatal accident

Eight dead, 10 injured in Florida van crash

Eight people were killed and 10 more were injured in Florida on Monday when their church van drove through a stop sign and crashed into a road-side ditch that was partially filled with water, authorities said.

The single-vehicle crash occurred in Glades County at about 12:30 a.m., Lieutenant Gregory Bueno of the Florida High-

way Patrol said.

A preliminary investigation indicated that the van carrying 18 people was traveling east on State Road 78 when it passed through a stop sign. It crossed all lanes of traffic on U.S. Highway 27 and ended up in a steep, water-filled canal on the highway's grass shoulder, Bueno said.

The driver of the van, associated with a church in the Fort Pierce area, and seven passengers died, and 10 other passengers were taken to local hospitals. **REUTERS**

Home marketplace

Amazon expands into professional services

Amazon is starting a home services marketplace that will connect customers with electricians, plumbers and painters in a move to have its services tied to every product sold on its

website.

Amazon Home Services, will allow customers to buy 700 services such as car maintenance, TV wall-mounting and house cleaning at up-front prices. The quality of the service will be backed with an Amazon guarantee, which the retailer uses to vouch for products sold by third-party sellers on its website. **REUTERS**

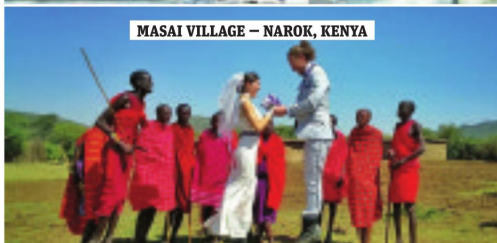
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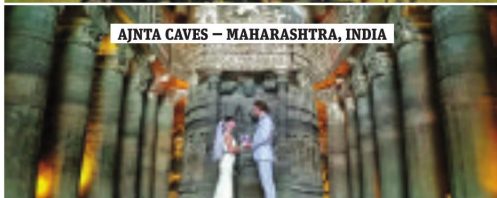
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MASAI VILLAGE — NAROK, KENYA



AJNTA CAVES — MAHARASHTRA, INDIA



OMG! Wedding world: Pair to get married 38 times across the globe

A professional acrobat couple from Los Angeles are taking the plunge and getting married — 38 times across the world. Rhiann Woodyard, 32, and her fiancé Cheetah Platt, 30, are traveling around the globe to take their vows in 12 different countries in 83 days. The newlyweds claim that the adventurous — and enviable — worldwide tour costs less than a traditional wedding in the U.S. Metro spoke to Woodyard about their globe-trotting nuptials.

Why are you getting married in as many places as possible?

Well, after Cheetah proposed, we started discussing wedding options. We found that not only was everything incredibly expensive for a one-day event, but we couldn't find anything that suited us. ... So, we started to think outside the box and eventually

came up with traveling around the world. I had never traveled, so not only would it be an amazing experience for me, but once we looked into it, we found we'd actually be saving money this way! We were thrilled!

Did you say you were saving money?

Yes, this worldwide wedding has actually saved us thousands of dollars compared to a standard wedding in the United States. We've spent far less than \$10,000 on this trip; our actual ceremonies are free, so we only had to pay for our flights, lodging and transportation. We used our credit card airline miles, and our friends and family have helped us tremendously. Instead of giving us the typical wedding gift of a household item, we asked that if they were

planning on giving a gift, that they use our alternative gift registry on HoneyFund.com. There they could contribute to our adventure by buying us a night at one of our accommodations in Morocco, or a safari in Kenya.

So, it's just for saving money?

Instead of a costly one-day event, we wanted a memorable adventure. An experience that would not only last a lifetime, but help us grow as a couple. This idea of many personal and intimate weddings that we get to share with our loved ones via videos and photos, is the perfect way to express to each other that our love is endless and limitless. We have learned so much about ourselves, our relationship and so many cultures through this wedding. **DMITRY BELYAEV, METRO WORLD NEWS**



Visit us online at Metro.us/omg for more interviews.

Question

Which was the most amazing?

It's very difficult to choose, but so far the most amazing has been getting married next to rescued elephants. The Ran-Tong rescue center in Chiang Mai, Thailand, allowed us to have a ceremony with these majestic animals and it was so moving. It was also incredibly funny, as they definitely had their own ideas about where they wanted to stand (which was usually right in front of the camera blocking everything). It was an unforgettable day.

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“Fraction Of An Inch” Success And Failure With Popular Vital Information All Knee Arthritis Sufferers

By Matt Edgar-Health Writer
Manhattan - In just a moment I'm going to tell you about a very “candid” and somewhat embarrassing moment I had with a doctor.

A moment most doctors would not want you to know about.

As I reveal what happened in that moment - it will become clear to you not only why this doctor has so much success treating knee arthritis pain... but you will also discover a possible way to relieve some or all of your pain, too.

But before I tell you all that - let me ask you this: How would you like to finally have a real medical solution for your knee arthritis pain?

Not some scam sold on an infomercial or the internet. **A real medical treatment that has already worked for countless people just like you and is covered by most insurance and medicare?**

Can you imagine what it would feel like to be able to eliminate enough of your pain and stiffness so you can get out of bed without pain and go for walks and even do things like play golf or tennis?

How relieved would you be if you felt so much better that you no longer needed to go through total knee replacement surgery and all the grueling rehabilitation?

Sounds Too Good To Be True?

I'm glad we agree. It does sound too good to be true. That's because all patients react differently and get different results from **real medical treatments**.

That's also why no ethical doctor would promise or guarantee ANY results... for

ANY treatment. EVER.

In fact - if you do start hearing over-the-top, exaggerated claims like: “cure for knee arthritis” or “eliminates all pain” or “works for everyone” you should run like heck.

But the fact of the matter is: If you qualify for the treatment you are about to discover, there is a good chance you may be able to relieve some or much of your pain.

I know because thousands of knee arthritis sufferers... just like you... have already found the relief you are looking for.

And even better - this might work for you if your pain is new... or if you have advanced knee arthritis that has made it difficult to even walk.

Here's The Treatment And The Embarrassing Moment

The treatment is called viscosupplementation. If you have not heard of this treatment - I will explain how it might help you in just a moment. If you have heard of it - or even had this treatment without good results - this information is a “must read.”

Here is why: When you have arthritis, one of the things that happens is the lubricating fluid in your joints decreases. This causes joint surfaces to rub, then grind against each other which causes swelling and pain eventually eating way at the cartilage.

Researchers have developed a natural lubricating gel that can be placed in the arthritic knee joint - this cushions and coats the joint allowing it to glide more smoothly which often decreases pain. Sometimes dramatically. Treatment with this special lubricating gel is called *Viscosupplementation*.

Advanced Knee Arthritis Treatment Offers New Hope For Pain Sufferers In New York City



Nothing Spreads The Word Like Caring Doctors and Results - Knee arthritis sufferers have swarmed the OsteoRelief Center in Manhattan, NYC and Northern New Jersey ever since word got out of their advanced medical procedure for knee arthritis

This all sounds great - in theory. But there is a BIG problem with this treatment.

Allow Me To Explain...

While doing research on this treatment, I traveled to a medical clinic in Northern N.J. right outside NYC (they now have clinics in mid town and downtown).. This clinic had an excellent reputation and I got to speak not only with doctors but with several patients who ranted and raved about the results.

Many said they had tried countless other treatments in the past... including viscosupplementation... but nothing worked until they had viscosupplementation at *this* clinic.

I was skeptical, so I asked one of the doctors why. How could it be possible that the same treatment that did not work when done elsewhere... was getting results when done here?

His response was honest and a little shocking. And the bottom line was...

“All Doctors Are Human And Sometimes They Mess Up”

I discovered that this treatment must be VERY

PRECISE. In other words, the doctor must be very accurate and actually get the lubricating fluid precisely into the arthritic joint space - or the treatment will be rendered useless.

Many doctors do not want to admit it - but it is very easy to miss the joint space and alter the treatment results.

In fact, research shows that doctors doing these types of joint procedures without advanced imaging may miss the joint space as much as 30% of the time.

Technology To The Rescue

Thankfully technology is solving this problem. How? It's making doctors much more accurate and this treatment much more effective.

Advanced imaging is now available that allows doctors to actually see directly into the joint space and watch the treatment. Doctors can see, or check, if the lubricating fluid goes directly into the joint space - or misses.

The doctor knows if the applied treatment has been a success... or failure... INSTANTLY.

The Difference Between Knee Arthritis Treatment?

Should Know... *That Might Be Keeping You In Pain*

Here's something incredible: I was able to watch many procedures actually being performed and I was shocked at how many times the doctor thought he had perfect placement... *but the imaging proved him wrong.*

I was amazed how only a ***fraction of an inch*** would make the difference between success and failure.

The best thing is: When the procedure was not perfect - because of the imaging - the doctor knew instantly and was able to make the slight change necessary and achieve the results they were looking for hitting the targeted painful knee joint.

"Double Confirmation" For Best Results

That's why the doctors at this clinic have taken it one giant

step further to give their patients the best. They do not just use one form of confirmation during treatment - they use two in their **"double confirmation"** process. This is to ensure patients get the best possible results.

It became clear to me that using this advanced imaging and "double confirmation" process just might be why the doctors at this medical clinic get results when others were not.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

Who Is This For?

This treatment is not for everyone - but if you qualify you may be able to relieve some or all of your pain. That's why OsteoRelief has a an innovation for you...

Your Invitation

OsteoRelief Centers offer a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center. If you would like a complimentary screening, just call **800-227-KNEE (5633)** and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and there is no further obligation. The best thing about this screening for so many is being able to breathe a big sigh of relief because you finally have hope to relieve your pain and get your life back

Many of the treatments offered at OsteoRelief Institute are covered by many insurance plans and Medicare.

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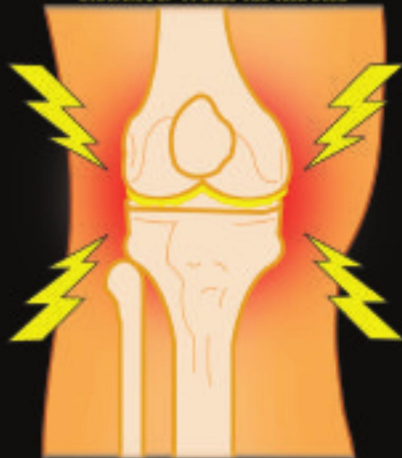
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Why A Fraction Of An Inch Can Be The Difference: Advanced imaging is used to "double confirm" placement of lubricating gel on the surface of the arthritic joint - giving the best possible chance to

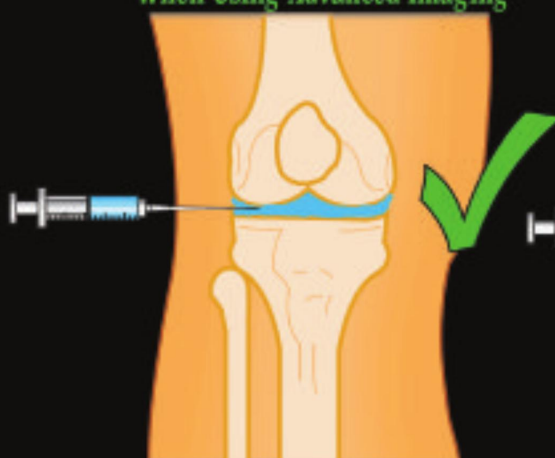
Before Treatment

Painful Knee Joint
Riddled With Arthritis



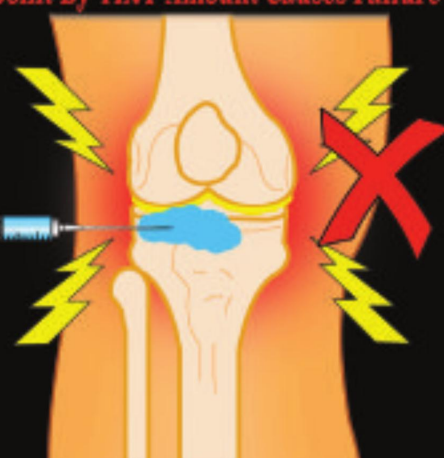
Successful Treatment

Exact Placement Of Lubricating Gel
When Using Advanced Imaging



Failed Treatment

Without Advanced Imaging Missing
Joint By TINY Amount Causes Failure



Fractions Of An Inch Can Be The Difference Between Success And Failure - Using The Most Advanced Digital Imaging Can Be The Difference Between Relieving Your Pain Or Continued Suffering

2

CULTURE



Twitter feed

Today, Andy Cohen just wants to be clear on the particulars, Matthew Perry is asking the important questions, Conan O'Brien is just as surprised as the rest of us, Tom Hanks is in a pretty good mood and Rose McGowan might be on something, just saying.

@Andy: I can now legally be denied service in Indiana because I am gay, or Jewish? Am I right, @GovPenceIN? Sounds like a fun place to visit!

@MatthewPerry: Who has more money Tony Stark or Bruce Wayne?

@ConanOBrien: BuzzFeed now has a seat in the White House press briefing room. I read about it in their list of 14 Sentences That Confuse Your Grandmother.

@tomhanks: I do love a parade. Don't you?

@rosemcgowan: I think Rhythm is a bizarre looking word. Just sayin'.

Mariah Carey and Brett Ratner romance rumors? I guess?

This one is a bit of a head-scratcher. Freshly divorced Mariah Carey has been spending enough quality time with director and longtime pal Brett Ratner that romance rumors about the two are starting to crop up. No, seriously. They each had a birthday over the weekend and decided to join forces to celebrate, displaying supposedly extra-affectionate behavior during the festivities prompting the speculation. Carey's rep, for the record, calls the rumors "ridiculous," telling People magazine that "they have been best friends for a very long time."



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One Direction moving on from Zayn quickly



Little-known fact: One Direction started trying to leave Zayn out of photos back in November 2014.

This is how you know Zayn Malik is really, truly, for sure out of One Direction: The 22-year-old singer has officially been edited out of the introductory videos that play at the band's concerts. But what does the future hold for the remaining members? Possibly a return to reality TV, as a source tells Radar Online that "Simon Cowell is really pushing to do a 'search for the fifth member' sort of reality show singing competition. Simon and the management team think that it is kind of a spectacular

idea and they know that the ratings would be enormous."

Plus, those initial plans to continue on as a four-some apparently fly in the face of conventional wisdom: "All great boy bands throughout the modern music era — The Jackson Five, 'N Sync, New Kids On The Block, Backstreet Boys, The Wanted — all did so well because there were five members," the source explains. "Quartets never stay afloat in the boy band world." I think Boyz II Men and Color Me Badd would beg to differ.

Wait, this 'High School Musical 4' stuff is serious?

How did we all somehow miss that there was talk of a fourth "High School Musical" movie? And that apparently Zac Efron starring in it was a real possibility? "Although there have been rumors for the past several years, it was not a possibility until Zac overcame what his friends are calling his 'dark period,'" a source tells Star magazine. Also, director Kenny Ortega "would only do the film if Zac Efron and Vanessa Hudgens were brought back as the leads." So how is Ortega getting Efron back in the fold? By being there for him during his struggle to get sober. "When Zac was down in the dumps, Kenny was there every step of the way. Zac says he is ready to reprise his role in 'HSM4,'" the source says.

Late-night host. Trevor Noah seems like a great choice and all, but why not a woman?

When Jon Stewart first announced he'd be stepping down from his "Daily Show" post this year, speculation focused on correspondent Jessica Williams, who quickly excused herself from the running. "Thank you but I am extremely under-qualified," she tweeted.

Even without Williams as a contender — and as good a fit for the job as new host Trevor Noah seems to be — did the "Daily Show" miss an opportunity by not finding a woman to take Stewart's place in the male-dominated late-night TV world?

"Late night is still dominated by straight, white men, so any hiring decisions that fall outside those three qualities adds to the diversity of the field," says Huffington Post senior comedy editor Katla McGlynn. "Unfortunately for female comics, Fallon, Kimmel and Meyers aren't going anywhere anytime soon. Someone will probably create a new late-night show hosted by a woman before a show is turned over to one."

Speaking of, we currently only have one woman in late night: Grace Parra, co-host of

Who is he?

Get to know the next host of 'The Daily Show'

Trevor Noah started out as an actor and appeared on soap operas before committing full-time to comedy. In South Africa, he hosted his own late-night comedy show, "Tonight with Trevor Noah," and has filmed four stand-up specials.

Fuse's pointedly named "White Guy Talk Show." Parra, for her part, is looking forward to seeing what Noah can do. "He's an exciting choice," she says. "I don't think there's a harder job to fill in television right now, so you need someone young and kind of new to the scene."

As for Williams, she "would have been a great choice," McGlynn says. "She has a long career ahead of her. She will probably do a lot of different things creatively during the span of Noah's tenure as host." NED EHRBAR



Trevor Noah will be taking over "The Daily Show" from Jon Stewart. / GETTY IMAGES

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Jaime Foxx declares open season for Bruce Jenner jokes

Jaime Foxx got back to his comedy roots for a quick bit at the iHeartRadio Awards, but his humor isn't sitting too well with some. For example, Foxx apparently decided jokes about Bruce Jenner are now fair game, offering, "Bruce Jenner will be here doing some musical performances. He's doing a his and hers duet all by himself." And when that was met with some mixed responses from the crowd, Foxx tossed in, "Look, I'm just busting your balls. While I still can." Zing!



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Don't just stay young, stay 'Younger'

Interview. Sutton Foster says she's no more hip than her social media-confused character on "Younger."

It's no secret that our culture is pretty youth-obsessed. But a new show on TV Land seeks to take that concept to another level: In "Younger," 40-year-old recent divorcee Liza can't break back into the job market in the entry level jobs she needs, so she pretends to be 26. The show

stars Broadway actress Sutton Foster (as well as Hilary Duff), and comes from "Sex and the City" producer Darren Star, who brought along his prior show's costume designer, Patricia Field. We talked to Foster about how it feels to have to act 15 years younger.

What made you want to sign on for this show?

I'm not your typical leading lady. I always joke that I don't see myself in this daily crime drama where I'm the steely secretary in the pin skirt, or something. Liza was just quirky and funny and the show

was smart and I liked this idea. I was like, oh, there's so much potential of where this character could go and what the stories could be, and it just seemed like something that would be fun. I liked the idea of working with Darren Star.

You're in a pretty age-obsessed industry. Do you also feel pressure to look younger?

It was interesting to be playing this part and then also facing my own 40th birthday, and what that means and all that stuff. Being in this show and filming, I never thought



"Younger," with Sutton Foster, right, premieres Tuesday at 10 p.m. on TV Land. / TV LAND

Designer chic

Costume changes

What's it like being dressed by Pat Field?

When I first met with her, I was like, I'm a blank canvas. I have no sense of style. And she was like, score! I just told her, as long as I feel confident and it's flattering, I'm good. I feel like the clothes have a sense of humor, and a sense of fun and play. ... I feel like wardrobe plays a character in the show.

about my age more in my life. Even the way I looked, I never really thought about it. In the theater it's a little different, but on camera, it's more revealing. But on our show, it's incredible, because three of our leads are over 40. We're all in our 40s. There's such a quest for holding onto youth in our industry, like this idea that we have to still look like we're 20.

Are you a little more hip than Liza?

Not so much. I'm pretty much on par with her, in her 40-year-old vein. But it's been fun to be dressed

for the show. The whole wardrobe is incredible, and [costume designer] Pat Field is amazing. And some of the clothes that they put me in, I'd be like, is this what the young people are wearing these days? And then [co-star] Hilary [Duff] would walk in to do a table read, and I'd be like, oh my gosh, totally! She's all hip and cool, and I'm so not hip and cool. I'm such a jeans and T-shirt girl. I can't pull this stuff off in my real life. I feel like such a poser.



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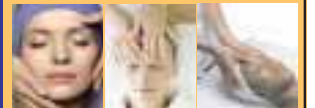
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Becki Newton is getting a little weird

Interview. The former "Ugly Betty" star takes on the role of a woman who can't quite get it together.

Fox's new sitcom, "Weird Loners" features four, er, weird loners, who find each other and become a sort of surrogate family, despite their oddness. The series stars Becki Newton ("Ugly Betty") as Caryn Goldfarb, a perpetually relationship-challenged oddball. We talked to Newton about being weird, and getting her big break.

What makes Caryn weird?

Caryn's weird because every time she gets a glimmer of hope in a relationship, she starts planning her wedding. She can't help herself. It happens every time. You'd think that after scaring three, four, five guys away with her enthusiasm, she'd become less enthusiastic.

Will she be self-reflective about that?

I don't think so. And that's what I love about her. In other shows I've read, the characters behave badly, realize they behave badly, and change. What I love about this show is that they behave badly, maybe realize they behave badly, and then do it all over again. You know they're going to do it, but you can't look away.

Did you always want to go into comedy, or did it just happen that way?

It really did happen. I was doing Olive Garden commercials, and I was psyched about them and then I got this part of Amanda on "Ugly Betty," and it was very different from who I am but allowed me to stretch. It allowed me to have so much fun with people who were great at what they did.

What were you selling for Olive Garden?

Bread sticks. It was awful. I was a great Olive Garden hostess selling bread sticks and helping a lovely blonde woman find her seat. I was really excited about it.

Well, everyone needs their big break.

That was my big break. As far as I was concerned, huge break.

Did you get any free food from Olive Garden?

Never. But the commercial did air during "Ugly Betty," and I wanted to die. I was still trying to pretend that I was a legitimate actress. I hadn't told anyone I'd just done commercials and then I remember being in the makeup trailer with Vanessa Williams and America Ferrera and I looked up and I saw it because they had TVs and I tried to like cause a commotion in the other end of the trailer.



LISA WEIDENFELD
@LisaWeidenfeld
lisa.weidenfeld@metro.us

Relationships

Love at second or third sight

There's a suggestion in the pilot that Caryn and Zachary Knighton's character might have a

bit of a romance. Will we see more of that?

We will see more of it. They are like magnets because he's a jerk and she's nerdy. Like, that is an equation right there.



"Weird Loners" premieres tonight at 9:30 p.m. on Fox. / RAY MICKSHAW, FOX

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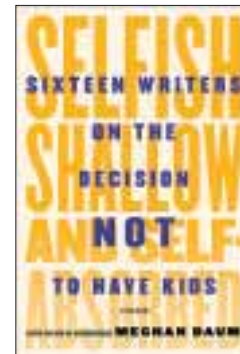
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Meghan Daum is the editor of the book "Single, Selfish and Self Absorbed," which includes 16 essays by writers such as Lionel Shriver, top, and Sigrid Nunez, bottom. / DAUM: PROVIDED; SHRIVER AND NUNEZ: GETTY IMAGES

The women who don't want kids

Anthology. A new book breaks down the myth that childless adults hate kids and just want to sleep in.



For decades, there has been one main divider among women, primarily those over the age of 35: Working moms versus stay-at-home moms. The number of books and articles written about the topic is endless. But now the debate is whether women should choose to be moms at all.

Journalist Meghan Daum is sparking a lively conversation central to another parenting choice: the decision not to become a parent at all. Her new book, "Selfish, Shallow and Self-Absorbed" (out today), is a collection of essays by 16 writers about how they came to the decision to remain childless.

'No one believed me'

"When I was in my 30s working as a journalist, I would pitch this idea to magazine editors, wanting to write about what it was like to be single and

dating, knowing you don't want to have kids — if it changes the choices you make in terms of people you went out with, but no one would believe me," Daum tells us. "They'd say, 'You'll change your mind. Come back in five years.' The fact that you can be an adult woman and not feel maternal pangs or the desire to start a family is often still met with a knowing look and a 'you'll change your mind.'"

'The conversation needs to be reframed'

When people do talk about adults who don't have children, Daum says they are often called "selfish," and thought of as just wanting to sleep in and

not as loving.

"Are parents selfish? Is it selfish not to have kids? The word is volleyed back and forth. It's an oversimplified and counterproductive way of thinking about this," Daum says.

'There needs to be room for ambiguity'

The essays in the book vary greatly, and it should be noted that they include three by men as well as the 13 by women. Lionel Shriver always knew she didn't want kids; others struggled with the decision. Rosemary Mahoney, for example, went as far as having IVF in her 40s before realizing that having a child was just something she wanted to want.

"I think it's important to understand that just because you've made this decision and you're happy with it and it's the right decision for you, doesn't mean you're not going to have moments where you think, 'Am I missing something?'" Daum says. "There needs to be room for ambiguity and even a little ambivalence."



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A photograph of three burritos on a wooden cutting board. The burritos are made with soft, slightly charred tortillas and are filled with a variety of colorful ingredients including shredded white cheese, sliced red tomatoes, purple onions, green cilantro, and yellow corn. The burritos are arranged diagonally across the frame. In the top left corner, there is a dark purple circle containing the word 'wellbeing' in white lowercase letters. A dark horizontal bar spans the width of the image just below the circle, containing the text 'MAKE HEALTHY YOUR NEW HAPPY' in white uppercase letters. On the right side, there is a large yellow rectangular area containing the text 'Mexican food is good for you — really!' in black and purple fonts. In the bottom right corner, the word 'ISTOCK' is written in small black capital letters.

wellbeing

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Healthier alternatives for your egg hunt

While there isn't a historical basis for chocolate and candy at Easter, not having them to look forward to after the ham and deviled eggs would be like missing a course. But their ingredients can be not-so-sweet: Most jelly beans are made with high-fructose corn syrup, and nearly all major chocolate brands contain emulsifiers, which a recent study linked to metabolic disease in mice. But don't cancel the egg hunt yet; here are some healthier choices for the Easter Bunny to stash.

EVA KIS

Surf Sweets Organic Spring Mix Jelly Beans

These jelly beans are not only free of artificial colors, flavorings and corn syrup, they are made with organic fruit juice. They're also tastier than what's glutting all the supermarket shelves, in flavors like tropical punch, pineapple and watermelon (you may not even recognize the natural version!) **\$4.99 for 8 oz., surfweets.com**



Righteously Raw Cacao Bite Size

No sugar, preservatives, dairy or emulsifiers — this is just the raw power of chocolate. The subtly flavored Rose bar, with a purple color that comes from raspberries and beets, tastes more like spring than a creme egg, and Synergy Spice is packed with enough energy-boosting ingredients (cinnamon, lucuma, cayenne) to wake you right out of the winter slump. **\$24.25 for 32 squares, RighteouslyRawChocolate.com**



Justin's Milk Chocolate Peanut Butter Cups

Justin's started out making all-natural nut butters, and the same philosophy applied to putting a chocolate shell around them. You won't find the cocoa butter replacement PGPR in these cups, which use organic ingredients and non-hydrogenated palm fruit oil. There's a hint of sea salt to keep things interesting, and the gluten-free, vegan treats are also available in dark and white chocolate shells. **\$23.89 for 24, Justins.com**



Make Mexican food part of your healthy spring

Chef Ivy Stark gets back to the surprisingly wholesome roots of Mexican cuisine.



EVA KIS
@thisiskis
eva.kis@metro.us

The Mexican food we know and love is about as authentic as American Chinese food. Just as the latter isn't known for thick sauces, peanuts or frying, the Mexican food that Dos Caminos chef Ivy Stark saw on a recent cross-country trip south of the border didn't feature many of the ingredients we expect.

"I want to dispel the myth that melted cheese and sour cream are authentic Mexican food," she says.

Cheese, in fact, is a rarity — she found none in central Mexico, or the coast. It was actually Menonites who settled along the border who popularized it. Another missing "staple" on every menu here: quesadillas as we know them.

What you do get is cuisine rich with vegetables, which are cheaper than meat. Sauces are made with roasted veggies,



Visit **metro.us** for the Spring Vegetal Taco recipe

Instead of butter, use Greek yogurt punched up with chile pepper, lime and salt on your roasted corn. ALL PHOTOS PROVIDED

spices and sometimes nuts. After her trip, Stark created a whole new, healthier menu for her restaurants, and shared with us the tips on how, through changing techniques and ingredients, you can capture authentic flavors in dishes that are more nutritious and less fatty.

Roast your vegetables

Stark revamped her guacamole for the new menu, giving it a smoky depth of flavor with roasted jalapeno peppers.

Change your wrapper

Replacing flour tortillas with corn saves calories, makes the dish gluten-free (one of the few items with gluten on a Mexican menu) and cuts out any potential hydrogenated oil. Cook it on a griddle to crisp it up instead of frying it.

"Roasting is a really good technique because it concentrates the flavor," she says.

Put out the fire

Stark worked with nutrition and sustainability consultants SPE Certified, who recommended not putting proteins, including fish, on the grill — the charring can cause carcinogens to form. But you can still grill vegetables like corn and asparagus. "Grilling is also a really good technique, especially if you're looking to not use any fat," she says. "It's really delicious for corn, squash — everything tastes good on the grill because you get that smokiness against the sweetness of the vegetables. And it's easy!"

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Know the signs of a mental health crisis

Once again, mental health was thrust into the spotlight last week when a suicidal German pilot crashed a passenger jet into the French Alps. In the aftermath, horrified colleagues wondered at the pilot's ability to conceal his emotional turmoil. But his close friends reported that he had been withdrawn over the past several months, raising the question, "Could this have been prevented?"

It's one that seems to be asked with increasing frequency in the wake of Newtown and similar acts of violence carried out by mentally troubled individuals. Could things have gone differently if we could be more open and honest about mental health? What if mental health were regarded with the same compassion and vigilance as physical health?

Addressing these questions is the goal of the Campaign to Change Direction, a new initiative backed by first lady Michelle Obama. One of its major goals is raising public awareness of the signs of mental illness, with the hope that emotional suffering can be treated and tragedies averted. These are the five red flags that a person may be in distress:

Personality changes

These can be sudden or gradual. The person may seem different; they may say or do things that

are seem odd, or inconsistent with their usual values.

Agitation

You may notice that a person seems uncharacteristically agitated, irritable, anxious or moody. Because they are quick to anger and have trouble calming down, you may feel like you are walking on eggshells.

Isolation and withdrawal

Someone who used to be socially engaged may pull away from family and friends, and stop participating in activities he or she used to enjoy. In more severe cases, the person may start failing to make it to work, school or appointments, even with a therapist.

Poor self-care

Aside from neglecting their hygiene, the person may engage in risky behavior, such as abusing alcohol or taking drugs.

Hopelessness

A person who used to be optimistic can't find anything to be hopeful about. He or she may be plagued by feelings of guilt



Knowing when to reach out to a friend or relative can be life-saving. ISTOCK

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KIM SCHNEIDERMAN,
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Kim Schneiderman's book "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," is due to be published in the spring. Email Kim your questions at askkim@metro.us.



and worthlessness, and convinced that their situation will never improve. This may be a sign that he or she is contemplating suicide.

If you notice one or more of these signs in a relative, friend or colleague, approach them with compassion and concern, even if they may not have the will or drive to heal. It could take more than one offer, and you may need to marshal the support of others, but you might just save a life.

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Horoscope

♈ Aries | March 21-April 20
Be proactive. Gains are likely if you share your ideas and enlist people who can help you make your dreams become reality.

♉ Taurus | April 21-May 21
Stubbornness will be your downfall. Go the extra mile required to keep the peace with family. Unless you are asked, keep your opinions to yourself.

♊ Gemini | May 22-June 20
Love and romance are in the air. The person who holds a special place in your heart could be looking for a solid commitment.

♋ Cancer | June 21-July 22
Work independently today. Trying to explain yourself to others will slow down your progress and lead to interference and frustration.

♌ Leo | July 23-Aug. 22
Envision the future you desire. Make changes that will bring you closer to your goals. Improvements to your education will lead to greater prosperity.

♍ Virgo | Aug. 23-Sept. 22
Lighten up and do your best to have fun. If you are feeling unhappy or bored, get together with someone who makes you smile.

♎ Libra | Sept. 23-Oct. 22
Delve into a new creative project. Family members may be extra sensitive, so find a corner and busy yourself doing what you enjoy.

♏ Scorpio | Oct. 23-Nov. 21
Despite your high energy level, it's important that you don't take on more than you can handle. Say no to anyone putting too many demands on your time.

♐ Sagittarius | Nov. 22-Dec. 21
The opposition will have trouble keeping up with you if you take action and follow through on the ideas that you've been harboring.

♑ Capricorn | Dec. 22-Jan. 20
Make deals that will improve your financial position or status. Solid long-term investments will help add more stability.

♒ Aquarius | Jan. 21-Feb. 18
You will make new friends and connect with influential people if you get involved in educational pursuits.

♓ Pisces | Feb. 19-March 20
If your skills are not being put to the best use, consider working for yourself. The activities that stimulate you will improve your financial position. **EUGENIA LAST**

Sudoku: Easy and hard

				4	9	1		
3		4	8				5	
	9			2	4			3
			3		7	8	9	
				9				
9	8	1			6			
5		9	1				6	
	6			5	1		7	
	3	8	2					

	2	5		1		4		
1	4	8						6
		9					1	
				7	5	1		8
			2		4			
5		2	8	6				
	3					5		
9						8	6	1
		6		9	2	4		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

- 1 Roy Orbison song
- 5 Important
- 10 Pitch a tent
- 14 Diva's rendition
- 15 House
- 16 Toward shelter
- 17 A throng
- 18 Tears to pieces
- 19 Pro — (in proportion)
- 20 Reunion invitees
- 22 More sassy
- 24 One — — kind
- 25 Talking bird
- 26 Cop's wheels (2 wds.)
- 30 Where to see stars
- 35 Email provider
- 36 Coll. credits
- 37 Surfer slang
- 38 On the move
- 41 Letting up
- 43 Steal the scene
- 44 Low card
- 45 Job-ad letters
- 46 Germ killer
- 47 Versatile (hyph.)
- 50 Shah's land
- 53 Trial VIPs
- 54 Makes a pit stop (2 wds.)
- 58 Tree sprites
- 62 "Peanuts" girl
- 63 Memory glitch
- 66 Toast topper

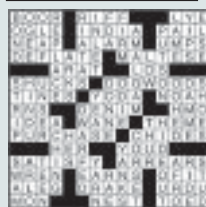
- 67 Skunk's defense
- 68 Ohio Indians
- 69 Patricia of "Hud"
- 70 Mouthful
- 71 One-pot dinners
- 72 Cartoon chipmunk

Down

- 1 The Dalai —
- 2 Of an historic time
- 3 Japanese aborigine
- 4 Loft
- 5 Fiesta music
- 6 Homer Simpson's dad
- 7 Voight of films
- 8 In a weird way
- 9 Amber, e.g.
- 10 Bottom feeder
- 11 Jai —
- 12 Give out sparingly
- 13 Fruit tree
- 21 Goodell's org.
- 23 Ottoman VIP
- 25 Half a couple
- 26 Committee
- 27 Spacious
- 28 "Miami Vice" actor
- 29 Bow shape
- 31 Greenhouse buy
- 32 Word of parting
- 33 Minolta rival

- 34 Sidled past
- 39 From — — Z
- 40 Salami sellers
- 41 Hole puncher
- 42 Daring
- 44 Get some sun
- 48 — Bradbury of sci-fi
- 49 "Puppy Love" singer
- 51 Gets crowned
- 52 Separate
- 54 Lump of jelly, say
- 55 Autobahn vehicle
- 56 Bagpipes player
- 57 Fictional governess
- 59 Courtroom bargain
- 60 Recover
- 61 Shoe part
- 64 Crusty dessert
- 65 Embroider

Yesterday's answer



Letters to the editor

Fight against nuclear future

Having spent two summers in Hiroshima and Nagasaki, I have seen the inhumane effects of nuclear weapons firsthand. Consequentially, I am appalled that certain members of Congress seek to foil nuclear negotiations between the U.S. and Iran.

By threatening to sabotage diplomacy, they are jeopardizing global stability. Earlier this month, forty-six members of Congress sent a letter to the Iranian government, pledging to block any joint agreement.

While 68 percent of Americans favor

diplomacy with Iran, the senators aim to increase sanctions instead, a strategy that has failed in the past.

If an agreement is not reached, other nations in the area have stated that they will seek nuclear weapons; I suppose proliferation is not a concern of theirs, who shamelessly pursue their own interests at the expense of a peaceful resolution.

I will not sit idly by while members of Congress push Iran away from the negotiating table and our world away from a safe and nuclear-weapon-free future.

MARY POPEO, VIA EMAIL

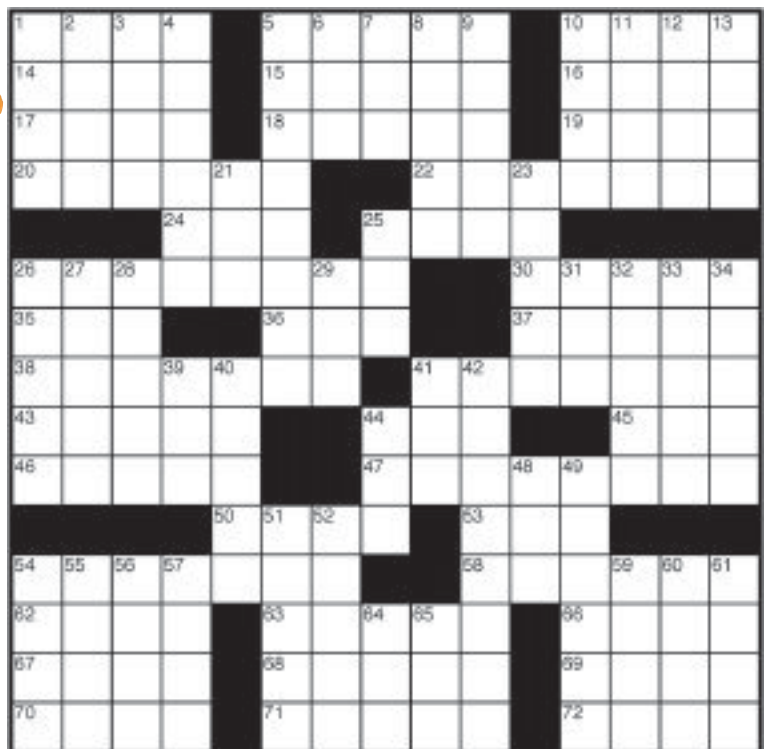
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Yankees in need of stability in their 2015 pitching stable

MLB. The Yanks' starting rotation was in shambles for much of last season.

Chaos reigned supreme in the Yankees starting rotation in 2014, with Masahiro Tanaka, C.C. Sabathia, Michael Pineda and Ivan Nova all missing extended periods of time due to injury. This year Bombers fans hope for a little more consistency with their starting five, allowing as few starts as possible for stop-gap guys like Adam Warren and Chase Whitley. Let's dive into what the Yankees' starting rotation will look like to begin the 2015 season:

Masahiro Tanaka

The door was left open for Tanaka to become the team's ace and he seized the opportunity. Tanaka began his 2014 campaign as the No. 4 starter behind Sabathia, Hiroki Kuroda (who left for Japan during the offseason) and Nova, but quickly jumped up to number one on merit and injuries to the rest of the staff. Tanaka was 12-3 before he suffered an

elbow injury that many believed would force him to undergo Tommy John surgery. But he was able to rehab and avoid that surgery that would have taken at least a year to recover from. Tanaka came back to pitch two games in September, winning one and losing the other. He finished 2014 at 13-5 with a 2.77 ERA. He had a good spring but his velocity is down, which is slightly alarming.

Michael Pineda

"Frustrating" is the best way to describe Pineda's career in pinstripes so far. The Yankees acquired him from the Mariners before the 2012 season, but due to various injuries Pineda didn't throw a pitch for the Bombers until 2014. Pineda went 5-5 with an astonishing 1.89 ERA



Masahiro Tanaka is expected to be the ace of the Yankees staff in 2015. / GETTY IMAGES

in 2014, but an injury suffered while throwing in practice sidelined him from late April to mid-August.

C.C. Sabathia

This season will end a streak of six consecutive Opening Day starts for Sabathia, but it is not without reason. Sabathia has obviously been regressing; he was 14-13 with a 4.78 ERA (far above his 3.63 career ERA) in 2013, then went 3-4 with a 5.28 ERA before being shut down for the season in July with a knee injury. Sabathia put on weight going into camp hoping to find his old form again, but he was rocked during his spring training starts.

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Back end

Nathan Eovaldi, Chris Capuano and Ivan Nova are all expected to start games for New York this season.

- Eovaldi, acquired in a trade with Miami, was 6-14 in his first full season in MLB.
- Nova is expected to be fully recovered from Tommy John surgery in May or June.



NATHAN EOVALDI
GETTY IMAGES

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NOTICE IS HEREBY GIVEN that a license, Number TBA, for Tavern Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Cafe under the Alcoholic Beverage Control Law at 24 Fourth Pl., Brooklyn, NY 11231, for on-premise consumption. Maglia Rosa Bike Cafe, Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1283825 for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 2249 Church Ave., Brooklyn, NY 11226, for on-premise consumption. Wa Sushi & Thai Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1284690 for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 365 367 W 46th St. New York, NY 10036, for on-premise consumption. 365 Seki Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1284425 for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 42-87 Main St. Flushing, NY 11355, for on-premise consumption. Li's Garden Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1283436 for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 296 5th Ave., Brooklyn, NY 11215, for on-premise consumption. Masami Corp.

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, April 08, 2015 at 2:00 p.m. at 66 John Street, 11th floor, on a petition for Blue Ocean Group Inc. to continue to maintain, and operate an unenclosed sidewalk cafe at 301 W 110th Street in the Borough of Manhattan for a term of four years.

REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

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